



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

NOVEMBER 26, 2021

NEW THIS WEEK!

****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov**

BOOSTER UPDATE! EVERYONE 18 AND OLDER IS ELIGIBLE FOR A COVID-19 VACCINE BOOSTER DOSE

Who is eligible for a COVID-19 booster?

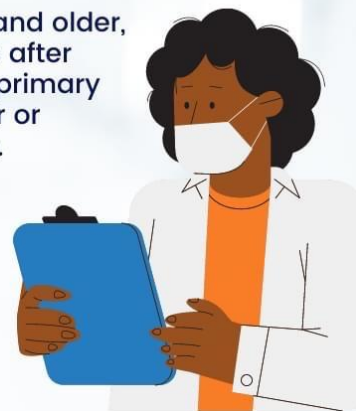
Should get a booster:

- ✓ All Johnson & Johnson recipients age 18 and older, at least 2 months after initial shot
- ✓ All Moderna and Pfizer recipients age 50 and older, at least 6 months after second shot
- ✓ All residents age 18 and older in long-term care settings

As of 11/19/2021

May get a booster:

- ✓ All adults age 18 and older, at least 6 months after completing their primary series of the Pfizer or Moderna vaccine.



[According to the latest CDC guidance](#), everyone 18 years and older is eligible for a COVID-19 booster dose.

These people **should** get a booster:

- Anyone 18 and older who got the Johnson & Johnson vaccine;
- Anyone age 50 and older who got the Moderna or Pfizer vaccine;
- All residents 18 and older who live in long-term care settings

These people **may** get a booster:

- All adults ages 18 and older at least six months after completing their primary series of Pfizer or Moderna

The FDA and CDC also authorized mixing and matching different vaccines from the initial series. Read more [here](#).

**Read more about COVID-19 Booster
Guidance**

CSHD IS VACCINATING EVERYONE 5 AND UP!

The CDC recommends that children and adolescents age 5 and older get a COVID-19 vaccine!

- The Pfizer COVID-19 vaccine is authorized for children and adolescents age 5 and up, as a 2-dose series taken 3 weeks apart.
- The dose for children age 5-11 is one-third of the dosage of the vaccine for older adolescents and adults.

Vaccination is the best way to protect children age 5 and older from COVID-19.

Vaccines are available at CSHD clinics, local pharmacies, some pediatrician offices, school based clinics, and more!

Visit vaccinate.virginia.gov or call 877-VAX-IN-VA for assistance in finding a clinic or scheduling vaccination.



**Find your child a COVID-19
Vaccine!**

Looking for an opportunity to get your COVID-19 vaccine or booster shot this week?

Monday, November 29, 12:00 to 6:00 p.m.

College Square (Old Peeble's/Gordmans)

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

Wednesday, December 1, 3:00 to 6:00 p.m.

Rockingham County Fairgrounds

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

Thursday, December 2, 2:00 to 6:00 p.m.

James Madison University Convocation Center

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)
Appointments required. To make your appointment, please visit vase.vdh.virginia.gov.

You do not need to be a student/faculty/staff member at JMU to sign up for the clinic at the JMU Convocation Center!

**Read more about COVID-19 Booster
Doses**

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- 👉 With COVID-19 symptoms, and/or
- 👉 Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

📍 Hillendale Park
801 Hillendale Ave
Harrisonburg, VA

🕒 Monday & Thursday
8:00 -10:00 am



QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



THE FLU SHOT: WHAT YOU NEED TO KNOW



**GET YOURSELF AND YOUR FAMILY
VACCINATED!**

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU



What: Flu Shots (also known as Influenza Vaccines) are the best way to protect yourself and your loved ones from the flu, which is a potentially serious disease that can lead to hospitalization and sometimes even death.

Who: All people 6 months and older (with rare exceptions).

When: People should get a flu shot every year. Ideally, everyone should be vaccinated by the end of October to protect themselves during the flu season. It is okay to get a flu shot after October.

Why: When more people are vaccinated against the flu, the flu will have less of an opportunity to spread in a

community. This means less people will need medical care for flu illness and our already overwhelmed healthcare system can focus on helping people with other health problems, such as Covid-19.

Flu Shot & COVID-19 Vaccine: You can get a flu shot and a COVID-19 vaccine on the same day, there are no timing requirements between getting a flu shot and a Covid-19 vaccine.

Where: You can get a flu shot from your healthcare provider or just about any pharmacy. Some public providers offer the flu vaccine for free. Visit the [VDH website](https://vdh.virginia.gov/covid19/flu-shot/) to find out where you can get your flu shot. You can also visit <http://flushot.healthmap.org/> for flu shot clinics near you.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Harrisonburg Rockingham Health Department: Call 540-574-5101

Flu vaccine clinics every Friday, 9:00am-11:00am

Waynesboro Augusta Health Department: Call 540-949-0137

Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185

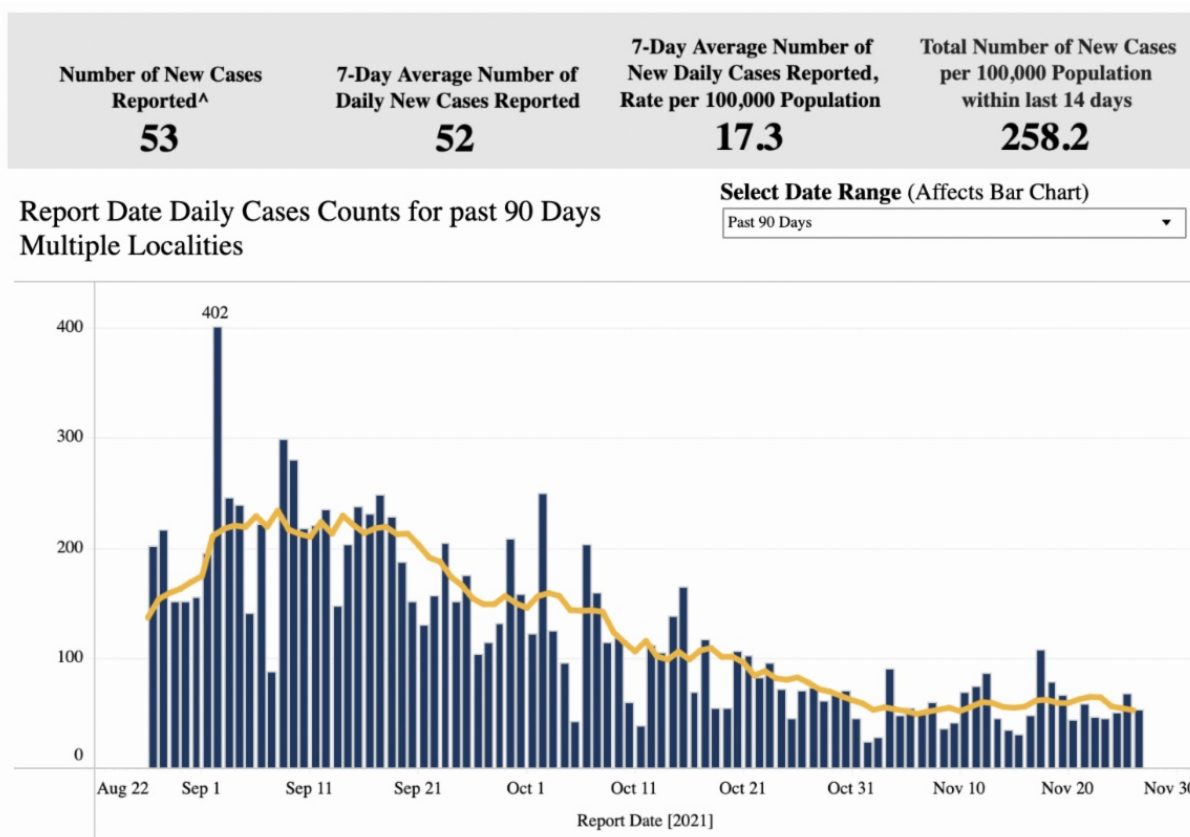
Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	10	9,739	602	169
Harrisonburg City	6	8,450	268	114
Augusta County	17	10,633	313	139
Staunton City	5	3,530	99	83
Waynesboro City	4	3,764	101	50
Rockbridge County	5	2,270	80	66
Lexington City	1	1,620	37	37
Buena Vista City	3	1,414	33	28
Bath County	1	508	20	15
Highland County	0	190	2	4
Totals:	42	32,379	953	536

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	55.9	50.9	65.3	60.7
Harrisonburg City	56.2	49.3	60.8	55.4
Augusta County	58.1	53.6	66.6	62.5
Staunton City	68.7	61.1	77.5	71.4
Waynesboro City	64.3	57.5	76.7	70.8
Rockbridge County	59.2	54.2	66.9	62.3
Lexington City	58.9	51.0	60.8	55.5
Buena Vista City	57.7	51.9	67.8	62.0
Bath County	56.5	50.5	64.7	57.9
Highland County	58.3	54.5	65.5	62.2
Totals:	59.4	53.5	67.3	62.1

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data Dashboard

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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